

Cycling FOR LEISURE



START 2018 BY IMPROVING YOUR CYCLING SKILLS BY JOINING A LEISURE CYCLING GROUP TO BUILD YOUR EXISTING CYCLING SKILLS WITHIN A SOCIAL AND FRIENDLY GROUP ENVIRONMENT.

No lycra here!
JUST WARM COMFORTABLE CLOTHING!



Cycle training given in an informal setting whilst taking part in short, leisurely paced guided rides with accredited instructors.

Tea/coffee stop included!

*Bring your own bike
or borrow one of ours!*

**MEET AT SOUTHCHURCH
PARK CAFÉ AT 10:00AM**

Sessions start on

**THURSDAY 22 FEBRUARY 2018
FOR 6 WEEKS AND ARE FOR 2 HOURS.**

**FOR MORE DETAILS OR TO BOOK YOUR
FREE BIKE TO USE FOR THESE SESSIONS
CONTACT ELAINE ON 01702 215595**